Natural Rearing Newsletter ©

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FOR THOSE THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS

In the world of orthodox veterinary medicine, there are two "big guns" used (and often abused) without a second thought. These magic bullets are the very familiar "antibiotics" and "steroids" that have come to be expected to solve whatever ailments an animal may have. In many cases they are used indiscriminately "just in case" some dreadful complication may arise that may threaten the "health" of an animal.

I have often said that we should draw on 'the best of both worlds' in the care of our animals. However, you do need to be fully informed about your choices and not simply rely on the mega-buck advertising campaigns of the pharmaceutical companies to influence your decisions without explaining the risks involved in using these man made 'miracles' of modern medicine.

THE RISE (AND FALL) OF ANTIBIOTICS

Let's be very, very clear about just what an antibiotic is supposed to do. It is used to kill **BACTERIA.**

Let's be equally clear about what it does not do. **It is useless for viral, fungal or other nonbacterial diseases!!**

Widely hailed as a "magic bullet" it would be more appropriate to think of an antibiotic as a hand grenade. The subliminal connotation of a 'bullet' is that it is aimed at a specific target and nowhere else. The true function of an antibiotic is to destroy all bacteria--the beneficial as well as the harmful. The consequences are often serious, particularly those stemming from the impact of the drug on the immune system!

Let me give you a few examples of the "good guys" that are being destroyed along with the intended "bad guys". Some friendly bacteria such as Lactobacillus acidophilus protect the body from infection by yeast and unfriendly bacteria. Some of the good guys manufacture B vitamins, others lactase, still others their own form of antibiotics against flora. The good bacteria fight tumors, work to lower high cholesterol levels and improve digestion.

When these organisms are wiped out by antibiotics we are obviously creating an ideal condition for the "soil of disease" to take over and the body becomes susceptible to other types of pathogens, particularly yeast!

Candida albicans is a normal inhabitant of the body, but when antibiotics knock out its competitors, it spreads! This frequently leads to infections, producing antigens and toxins that can cause immunological, neurologic, or endocrinologic problems. This overgrowth of yeast (called Candidiasis) has been linked to food allergies, autoimmune disorders, chemical sensitivities, etc.

To make matters worse, antibiotics can inhibit the availability of several of the B vitamins, vitamin A, folic acid, zinc, and magnesium. When antibiotics cause diarrhea, this problem may become serious.

Considering the foregoing, how can anyone even think of using an antibiotic for **prevention** of a disease? To anyone choosing to 'think for themselves' it should be obvious that this particular application of an antibiotic will produce exactly the opposite results—that is they will probably do more harm than good!! If you're going to wipe out the good guys "just in case" a bad guy might come along, are you not inviting the very thing you are trying to avoid??

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Again, I want to urge you to 'think' before you react. Don't start demanding an antibiotic from your obliging vet for simple diarrhea or some other non bacterial problem.

There is another aspect of indiscriminate use of antibiotics that you should be aware of. In the "Battle of the Bugs" the bugs are winning! Shortly after Word War 11, a small dose of penicillin used to be a sure thing against pneumoccal pneumonia. Now, despite dosages up to 600 times the strength of those originally successful dosages, patients sometimes die.

It seems that Mother Nature in designing the survival instinct in all living creatures, provided the microbe with the ability to mutate rapidly when the species is threatened. Thus, the more antibiotics are used, the more chance there is of a particular bacteria to change its basic structure to produce a new generation of resistant strains, immune to the 'magic bullet' of yesterday.

The drug companies scrambled to produce more and more powerful variations in the unrealistic belief that 'man', with all his modern science, could beat nature at its own game. The medical use of antibiotics has skyrocketed to become a **multibillion** dollar industry in the 90's. Pharmaceutical companies advertise aggressively, patients (and doctors) often think that they are not doing everything possible if they do not use antibiotics, preferably the newest and most powerful available. For example, studies show that doctors prescribe antibiotics for 7 of 10 Americans with colds—even though colds are viral, not bacterial!! Doctors, Dentists and Veterinarians prescribe the drugs as a preventative, although they are rarely necessary and only effective in very specific circumstances. In total, studies have shown that at least 50% of all outpatient prescriptions are probably not needed.

Highly resistant organisms are being created and spreading with astonishing rapidity. Would it surprise you to learn that the death rate from infectious diseases has risen by 50% since 1980? Or how about this little gem: "Penicillin can control only 10 percent of staphylococci it used to kill".

Is the medical community aware of what's going on?

In January 1996, in an unprecedented move, 35 medical journals around the world released issues devoted to the same topic: the current crisis in antibiotic resistance! Article after article repeated the same message, that excessive and inappropriate use of antibiotics is to blame!

If 'human' excessive usage is finally being recognized, what about the antibiotics used in the livestock industry? With animals and poultry, even more antibiotics are fed each year than are consumed by humans! We are all aware (or at least should be) that the meat and poultry producers in this country rely on antibiotics to promote weight gain and with the crowded industrial conditions that dominate this industry, neither animals or poultry would survive without the heavy intervention of drugs!

Lest we forget, the unfortunate animals that are not able to survive this onslaught of 'drug abuse' are the ideal raw material for commercial pet food!!

For years the agribusiness interests disputed that bacteria from animals could spread to humans or contribute to the mutation of resistant strains. Since then researchers have shown that the swift increase in the use of antibiotics in animals, closely paralleled the rise in Salmonella outbreaks in this country. Currently it is estimated that 6.5 million people in the United States fall sick annually from the microbes in meat and poultry. (This is from 'human grade' meat. I shudder to think of what actually exists in 'pet' grade meat—i.e. "unfit for human consumption").

In addition, animal manure is used as fertilizer, carrying antibiotic resistant organisms into the soil. Fruit, vegetables and grains become contaminated, so that even those who do not eat meat or dairy products may be affected. The worst of these grain scraps are, of course, commonly used to make commercial pet food.

Does this mean you should never use an antibiotic? Of course not. What it does mean is that they should only be used as a last resort rather than the first option to be tried. Holistic practitioners are more likely to search for underlying causes of diseases and other factors such as allergies, nutrition, emotional state, environmental factors, etc. The host of alternative treatments for infections (i.e. homeopathy, herbal remedies, etc.) are much more likely to be the first choice of an holistic vet, rather than reaching for the latest antibiotic.

Before using any antibiotic you should make sure that an accurate diagnosis has determined that the problem is definitely due to a **bacterial** infection. If the problem permits, you should also determine what alternatives are likely to help solve the problem without the use of an antibiotic. Don't administer an antibiotic without knowing what the possible side effects are! Save the "big gun" treatment for emergencies and you will have a better chance of it being effective.

Over the last fifty years, the medical community has become dependent on the use of antibiotics as the principal means of controlling bacterial infections. With the typical abuse and overuse of these drugs, the new resistant strains of bacteria are rapidly creating a scenario of a disaster of epidemic proportions just waiting to occur.

In several previous issues we have listed many remedies to combat bacterial infection. One of the benefits of natural rearing is that it does develop a healthy immune system capable of resisting infection to a large degree. Thus, when needed, most holistic treatments are only required for that extra little nudge to help the body cure itself. Rarely is there ever any need to call on the drug world to solve the problem.

STEROIDS—THE GREAT PRETENDER

Like antibiotics, steroids are one of the most abused class of drugs in the orthodox veterinarian field of medicine. At one time, they were reserved for the extreme emergency cases. Today, they are being used on the most trivial of conditions. Why? They give the appearance of an "instant" miracle cure which matches the 'expectation' level of the client. So, many vets turn to steroids as the first, rather than the last, line of attack for their anti-inflammatory and anti-allergic effects.

Steroids mimic the action of the adrenal glands, the body's most powerful regulator of general metabolism. Far from being a wonder drug "cure all" **steroids cannot cure one single condition.** All they do is suppress the body's ability to express a normal response. Occasionally this type of suppression will give the body a chance to heal itself. But more often, the effect is immediate, devastating and can cause permanent damage.

The medical community seems to have a particular blind spot about these drugs, refusing to believe that steroids can cause the terrible carnage that the manufacturers have long admitted to.

For over 30 years we've known that steroids can routinely cause over-activity of adrenal hormones, which produces Cushing's disease. They can also cause muscle wasting, hyperglycemia, water retention, bruising, insomnia, serious mood changes, menstrual problems, impotence, loss of libido, or even allergic shock and diabetes. (Source: Physicians Desk Reference).

Steroids are **all** broad-spectrum—that is, they don't specify simply the area of the body you wish to treat, but scatter through every cell including the central nervous system, cells in bone, smooth muscle, blood, liver, etc.

The sad thing is that these drugs are considered so safe that they are used in many 'over the counter' medications for everything from skin problems to hemorrhoids! They are considered the drug of choice for asthma, eczema, arthritis, back problems, bowel problems, and for any and all inflammations or allergic reactions—and new uses are still being invented.

The "Empire" boys will tell you that steroids only cause side effects after many years of usage. Here's a little bomb shell for you: **studies show that steroids can cause permanent, debilitating side effects after a single dosage!!** There is no such thing as a "safe" dose. They have not been subjected to long-term scientific study to find out how or whether they work for specific conditions. Septic shock and adult respiratory distress syndrome are two conditions where steroids were widely used as treatment—until scientific trials demonstrated that they were not only of no benefit, but may actually have been doing harm.

The major concern with using steroids is the possibility that the pituitary gland will stop producing ACTH, a hormone that regulates the adrenal glands, needed by the body during stress and to fight infection. When the body is flooded with extra cortisone the adrenal glands decrease their own production. They seem to say, "O.K. if you're going to do the work I might as well shut down". Extended use of steroids can effectively turn your dog into a "steroid junkie" hooked for life on these drugs. What is really needed is to 'stimulate' the adrenals to get back to a healthy normal state, rather than trying to artificially replace their function.

Caution: If your animal is already on steroids, never, never, abruptly halt their medication. Any weaning off of steroids must be done on a gradual basis, preferably with close monitoring by your holistic vet, after you've had a correct diagnosis of the source of the problem.

In some ways I wish the overuse of steroids was only to be found in the veterinarian field. Unfortunately our children are also at serious risk. Take the case of nine-year-old Lexie McConnell. She was diagnosed as having 'toxoplasmosis' (an eye infection). The consultant put her on 80 mg per day of prednisone. Immediately, she suffered sever side effects—huge weight gain, terrible pain, holes in her tongue and black stools. After nearly a month, at her parents pleading, the doctors lowered the dosage to 60 mg, 40 mg, 20 mg. In excruciating pain, Lexie was taken to a hospital, where it was discovered she'd contracted chicken pox. (Remember, that steroids suppress the immune system, leaving the body susceptible to infection). Four days later, she died! In this case steroids killed a young child after only five and a half weeks!! It's ironic that later, another eye specialist declared that a simple course of antibiotics could have cleared up her infection.

Her parents are now on a crusade, demanding that a warning card be given out by doctors on a mandatory basis, signed by the doctor, for every prescription of steroids. They are asking people to write their congressperson today, demanding that the card be made law and that studies be funded into the safety of steroids. I sincerely hope they are successful in their efforts.

How many vets have provided their clients with any indication of the possible dangers of steroids, prior to administering the drug?? How many vets are even aware that even short course application can present permanent damage??

Because there are so many, many natural methods of dealing with problems where steroids would be prescribed, it is up to each of us to be aware that the best rule of thumb is—don't start them. There are many holistic vet practices that are totally void of any steroid usage--a valid testimony that other methods are just as effective, without the risks.

A SWEET BACTERIA FIGHTER

Natural, unprocessed **honey** has two or three particular properties that have been shown to be effective at eliminating bacteria. It has been used for untold centuries to successfully treat wounds.

Honey's high sugar content gives it a high "osmolarity". This works to kill bacteria in much the same way that salt does in curing meat. When you cover a piece of meat with salt, the fluids within the meat and bacteria cells next to the salt, are pulled into the salt because of "osmotic" pressure. This is natures way of trying to dilute the salt so everything is in balance. When the fluids are pulled from bacteria cells, they can no longer survive. Honey's high sugar content is one of the factors that makes it such an excellent wound healer.

An enzyme in honey (glucose oxidase) produces hydrogen peroxide which is one component that helps kill harmful bacteria (See Volume 1 Issue 1 for more on Hydrogen peroxide). Additionally, there are other as yet unidentified substances that come from flowers when bees collect pollen. These floral, antibacterial substances are what make certain varieties of honey more effective than others. This is one of the reasons that you must be sure to use raw honey that has not had its effectiveness destroyed by processing.

Lately there has been a great deal of research being done (outside of this country) on the beneficial effects of using honey to **cure** ulcers. There have been reports from Saudi Arabia, Egypt and Russia, where doctors have had positive results in curing ulcers, using local raw honey. The most commonly recommended daily dosage of honey appears to be about 20 gm. per day. (This is by weight measurement, not volume. Raw honey is sold by the pound)

Over here, there hasn't been much interest (which translates into research money) in testing the bacterial-killing effectiveness of the thousands of different varieties of honey. After all, we wouldn't want to disturb the hundreds of million of dollars in profits from the sale of antacids, would we?

Master herbalist Juliette de Bairacli Levy has always praised honey not only for its well recognized ability to inhibit bacteria but also as the greatest of natural energizers, a nerve tonic and a supreme heart tonic. She has on occasion, grown a special herb garden specifically for her bees. The honey provided from these bees was said to be very healthful and she states that the bees themselves enjoyed excellent health and possessed complete resistance to the many diseases afflicting the local 'white sugar fed' bees.

Next time you or your animal gets a cut or wound, reach for the honey instead of the cortisone cream! Why not throw the Tagamet and Pepcid in the garbage where they belong and enjoy the sweet, sweet joy of natural honey!!

JULIETTE LEVY SEMINAR REPORT

The day was truly magical!! For many in attendance it had been a lifelong dream to meet and shake hands with the woman who has had such a profound influence on their lives and the health care of their animals.

Juliette was absolutely charming and entertaining. She is in wonderful good health—a living testimony to the values of living close to nature. She did say however, that she has felt a marked decrease in her overall energy from the effects of the Chernobyl disaster.

During this trip to the U.S.A. she has been very encouraged to see the enthusiasm and growth in holistic health care, particularly in the past few years.

Juliette started off her lecture by explaining to us how the bees are in great danger at this time. They have a parasitic disease caused by a mite, that affects the lungs and is killing them. There is already a drastic shortage in the bee population on a worldwide scale. (Personally I live in an area that is quite agricultural and they have already noticed the effects of the decrease in bees. Our local paper has published articles to inform people of alternate ways to cross pollinate because of the lack of bees).

She stressed that we must stop massively exploiting the bees by taking everything from them. She is adamantly against the indiscriminate use of bee propilis, Royal Jelly etc. She only uses raw honey occasionally or when needed for therapeutic purposes.

Her interest in veterinary medicine began as a child in Manchester, England. Her Grandfather had purchased a pup that died of distemper. This event triggered a desire in Juliette to become a vet. Later, after a short time in vet school, she realized that this was not the answer for healing animals. She turned to natural medicine and soon opened her own distemper clinic. She was successful in curing the disease while all conventional treatment around her had failed. She did point out that the dogs that did not recover easily or in fact died, were all animals that were previously vaccinated!!

Juliette also commented on how easy it was to cure Parvo. She first encountered Parvo in Greece just as the disease was first emerging. She had gone there to pick up 2 pups from a litter of a bitch she had leased to be bred. Two days after she took the pups home, they became very ill. Initially the symptoms of the disease looked like poison and Juliette treated it accordingly.

She used high doses of castor oil, fasted the pups, and supplemented them with her herbal compound tablets. Within 48 hours her pups looked much better and went on to a full recovery.

Interestingly, when she went back to the home of the people with the litter, she found a pup who had been locked

away, looking extremely ill. Beside him was a half eaten rubber glove. The owners were still asleep so Juliette gave the pup a large dose of castor oil. When the owners appeared they mentioned that the other pups of the litter were not well, but didn't want the castor oil treatment as it would cause too great a mess. Juliette had to leave, but later when she called the owners, she learned that the pups were indeed suffering from the "new" disease called Parvo (confirmed by the local vet) and the only pup to survive was the one Juliette had dosed with castor oil.

As most of you already know, Juliette is strongly opposed to vaccinations. All vaccinations!! She told me how she has managed to travel the world with her dogs and children without ever vaccinating them. Her trick: she has a certificate written in Hebrew (which she confessed she wrote herself) stating that these animals have been vaccinated! She told me no one ever translates it and they never question her, no matter which country she is traveling in.

She shared quite a few good tips with us. For example, her favorite disinfectant is lemon juice and water. Simple, yet very effective.

For cats, the best cat litter is fern (Bracken Fern). Thymol (extract of Thyme) is great for hairballs. This can be given as a standard infusion. Juliette commented on how she felt that the overall health of cats today is worse than dogs, which is truly a shame.

She noted that fleas have certainly been on the increase world wide. She believes this can be directly attributed to the effects of global warming.

To help kill fleas, here is another simple solution. Take one cup of Palmolive Dishwashing liquid and add 3 teaspoons of Eucalyptus oil to it. Use this as a shampoo. This helps to suffocate and kill fleas on the dog and can last as long as 10 days. (This mix would be for a medium size dog. For larger dogs, add more Eucalyptus oil).

For general skin irritations that are inflamed, try cucumbers! This can be applied as a poultice or use the juice. This is very soothing to the skin.

For animals that suffer from periodontal disease, brew a standard infusion of Sage and give orally 2 to 3 times a day. This is very antiseptic and is also a good tonic.

As some of you may have already guessed from reading Juliettes' "Complete Herbal Handbook For The Dog And Cat" (particularly the chapter on burying meat to preserve it) she is not a great friend of refrigeration! She never uses it because she believes "it kills the life of the food". A good example of this are eggs. If you take eggs that have never been refrigerated and store them in sawdust, they will last for months. However, we all know how quickly eggs can spoil in a refrigerator.

We are in the final stages of editing the video tapes to this delightful conference and will have them available for $35.00 per set in the very near future. Please let me know if you want a copy. A portion of the proceeds will be going to the filming of Juliettes life story.

SPIRULINA AND BLUE GREEN AGAE

Is there anyone left in America that hasn't received at least one tape on "Super Blue-Green Algae™"?

Spirulina is a tiny bacterial plant or algae that grows on ponds and lakes. It is blue-green algae because of two main pigments, phycocyanin and chlorophyll. As a food it has a variety of good properties, but if you were to believe all the claims made about these products you would be convinced that they are the perfect cure for anything from an ingrown toenail to cancer!!

The truth of the matter is that most of these products are excellent foods but are dramatically overpriced and their health claims are overblown.

In this nutritionally starved world, almost any animal or person will benefit and "feel better" by consuming any half decent "food". So lets take a closer look at blue-green algae and try to keep a realistic perspective on its value to your health care program.

On the good side, it contains antioxidants, including beta carotene. On the not so good side, it is a relatively expensive way to get these nutrients. For example, you would have to take about 15 capsules to equal the beta carotene in one medium size carrot.

On the good side, it is about 60% protein and possibly the best plant source of protein. For those of you feeding a natural diet to your animals, you are probably already getting enough good quality protein. To much protein can be a load on the kidneys. On the not so good side, spirulina and blue-green algae, again, are an expensive source of protein. Fore example, you'd have to take 16 capsules, at a cost of between $1 (for the cheapest type) and $6 (if you use the "super" type) to equal the amount of protein in one cup of milk (which costs about 17 cents).

On the good side, it is rich in vitamin B12 and is one of the best non-animal sources for this vitamin. This is really worthwhile for healthy nerves and blood vessels. On the not so good side, less than half the B12 in algae is utilizable for most Americans. B12 and Folic Acid work together for proper digestion and utilization of B12.

On the good side, it contains linolenic acid—an essential fatty acid necessary for heart and blood vessel health. I much prefer a tablespoon of raw flax oil. This contains much more linolenic as well as a blend of the other essential fatty acids. Most Americans (and their animals) are so deficient in essential fatty acids that algae alone would not supply sufficient quantities.

Blue-Green algae contains the amino acid phenylalanine. One of the claims being made is that this substance can make you less hungry resulting in weight loss. While it may be true that some people do lose weight on

algae, I doubt that the amino acid phenylalanine has much to do with it. Why not? Because this amino acid is found in almost all foods, ranging from milk to diet soda!

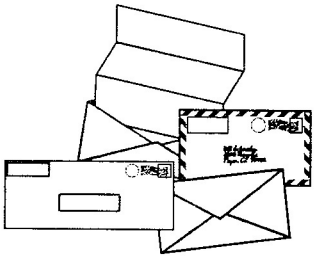
By the way, I should mention that the "quackbusters" of America really have it in for spirulina and blue-green algae. They maintain that there are thousands of reports of side effects and that this "pond scum" may be tainted by toxic waste in lakes and ponds. Of course the purity of water sources when harvesting these products is important. I have heard of one dog that has suffered from toxic algae (reported by Dr. Jean Dodds) but considering the broad usage of these products, I doubt if there is any real extensive problem from contamination. Reports of people that do get stomach aches from these plants may simply be that a lot of older people have trouble digesting protein. Perhaps that why the makers of the "super" variety also include digestive enzyme pills to go with their product.

I do have a bone to pick with the extensive hype used by sellers, claiming that their freeze-drying or hot-spray techniques are the absolute best, state-of-the-art processing. They have even invented new names for freeze drying. While this process is effective, it is far from the best. Freeze drying destroys a portion of the enzymes of the plant. Far superior is 'vacuum dehydrating', which is much to complicated, time consuming, and expensive for most companies. In fact, the only company I know of that uses this process is Standard Process Labs. So, it is ignorant or dishonest to market the freeze drying process as the most effective for maintaining product integrity!

Do I use these products? No. Not because they are necessarily bad but I prefer to use other means of obtaining optimum nutrition for my dogs. For example, the people that tout algae products often point to the 'trace elements' that they contain. I much prefer to obtain my 'trace elements' from plants with an ocean source rather than from plants with a fresh water source. It is only in the sea that you will find <u>all</u> elements known (and unknown) to mankind.

All in all, blue-green algae is not something to avoid. The main problem I have with it is that its proponents have gone way overboard regarding health claims. It is relatively expensive in relation to its value for most animals, but is certainly head and shoulders above any commercially prepared "pet food" in nutritional value.

MAILBOX



To say that Juliette de Bairdy Levy has had an influence on the health of our animals is to understate the effect of her teachings over the last 50 years. Here is just a small sample of the many, many letters I have received from breeders that are thrilled with Juliettes' products and method of natural rearing.

Dear Marina,

A few months ago we started using NR Herbal Compound on our Lhasa, who has itched every day of her life since she was a week old.

It is working beautifully!!! To put it simply—she just doesn't itch any more. Thanks so much!! This stuff is great!!

Hi Marina,

I can't believe the difference in my dogs since I have started them on the natural diet! They have so much more energy—they are wearing me out!!

If I hadn't seen it with my own eyes I never would have believed the difference.

Thanks for helping me make the transition.

Dear Marina,

Just a quick note to tell you I truly believe NR Birth Aid to be a "miracle supplement". I have used it now for my past three litters and all of them went very well. But, my litter that was born yesterday was the best!! My Shih Tzu bitch is small and weighs about eight pounds, and because of her size I was concerned about her whelping. I put her on the NR Birth Aid at conception and here are the happy statistics:

- Labor began about 10:30 am—mild contractions
- First puppy born 11:00 a.m.—mother fine
- Second puppy born 11:30 a.m.
- Third puppy born 12:15 p.m.—mother is doing wonderful, no hard contractions or distress
- Fourth puppy born 12:30 p.m.—mother is doing great

Four beautiful puppies (two boys/two girls) whelped and healthy. This is a good size litter for a Shih Tzu. Mom looks like she never whelped a litter twenty-four hours ago.

Thanks for a great product!!

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Hi Marina,

I'm enclosing a "Brag Photo" of my 6 ½ year old Anatolian Shepherd bitch, 'Yuya'. She's the one who OFA'd Severely Dysplastic" at 21 months of age, and had severe skin allergies. Oh yes—and she had chronic yeast ear infections from her 1st vet check at 8 weeks!

Since going strictly "Juliette de Baircly Levy's" program (with appropriate homeopathics and supplements) which we began in April of '95, she no longer has any skin or ear symptoms.

She will always be dysplastic—but, by the way she runs and plays now, she obviously feels better now at 6 ½ then she did at 1 ½ years!!

Also wanted to tell you that the Urinary Incontinence remedy is a god-send. She's been 'leaky' since she was 2 years old. (I had her spayed at 21 months because of the OFA report). The U.I. remedy along with the Ovarian Complex supplement keeps her dry—and when you have a 110 lb. leaky faucet house dog, that is a big deal!!

Just for the record (and certainly no offense intended for Dr, Pitcairns program), I did have "Yuja" on Pitcairns program for a year and a half prior to going "strictly Levy". Aside from losing some weight there was no improvement with her ear, skin, and arthritic problems until I switched!

Thanks to you (and Juliette) for everything!!

Dear Marina,

I am involved in animal rescue work. In my home right now I have 4 dogs and 10 cats.

I only believe in the natural way of doing things. Since my animals have been on NR Herbal Compound, I don't worry about parasites any more. I used to have a tick problem but not any more.

One of my dogs used to have bad breath—no more!

A couple of my dogs had a stool eating habit—no more!!

All my animals coats shine!

I know it's from NR Herbal Compound. It is so wonderful, I can't sing its' praises enough!!

My thanks to all of you that have taken the time and trouble to let me know how things are working for you. Please keep your letters coming in!!

VACCINE GOOD NEWS—BAD NEWS

First the "good" news. For those of you still into the mindset of vaccinating your dogs, there is a new parvo vaccine for puppies!

As we mentioned in Issue #8, young puppies are vulnerable to parvo when the immunity from the mother is declining but is still sufficient to effectively inactivate the type of vaccines previously available. Thus the four to eighteen week period is called the "window of susceptibility".

Pfizer Animal Health has come out with a new parvo vaccine called "Vanguard® Puppy" that they say can better protect pups 12 weeks of age or younger in spite of passive immunity derived from the mother.

The new vaccine has been previously tested in Europe and is now licensed in the U.S.A. for vaccination of pups six weeks of age or older.

It should be given in three doses at three week intervals and the vaccine is said to shed only negligible amounts of virus.

According to Dr. Laurie J. Larson and Dr. Ronald D Schultz of the University of Wisconsin, the new vaccine protects against the two variant strains of parvovirus.

As with any vaccination, please remember that Thuja 30c and Sulphur 30c are a great help to detoxify from the side effects of vaccinations. They do not nullify or affect the efficacy of the vaccine. One dose of Thuja 30c should be given immediately after the vaccine has been administered.

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The bad news is that the "Fort Dodge" boys have launched a massive advertising campaign to "educate" dog owners and "develop an awareness" of Lyme disease!

While you are looking at Issue #8 mentioned above, please refer to Dr. Jean Dodds comments (page 3) that amongst **totally unnecessary vaccinations** she heads the list with—Lyme disease!!

Veterinarians across the country recently received advance notice of the campaign so they could 'stock up' on the Fort Dodge version of this vaccine and order a free supply of "education" pamphlets for the clinic.

The 'hype' involved to the vets is very cleverly designed to skillfully mislead them by innuendo rather than cold, hard facts.

For example, they point out that "the Center of Disease Control and Prevention reported the incidence of Lyme disease in humans increased by 58% over the previous

year, with more than 13,000 cases reported". (Hmmm! Lets see. That's 13,000 people in a population of let's say 300 million— yeah, sounds like a good enough reason to vaccinate everybody doesn't it?) They go on to say that "although Lyme disease in dogs is not tracked by the CDC (or anybody else for that matter!) dogs are more likely to become infected with the Lyme disease organism because of their lifestyle". And still more: "Fort Dodge is dedicated to help you (the vet) reverse this trend by educating dog owners on Lyme disease prevention".

Dogs are more likely to become infected than people? Based on what? What do they mean by "lifestyle"?

What trend? How do you reverse a "trend" when nobody is tracking the statistics in the first place? Because more cases were "reported" concerning people, do we then take as fact that the same must be true with dogs? Gee, maybe we should vaccinate our dogs against measles?

Here's the really sad part: "Our radio campaign begins in mid August and will run for four weeks. During this time, we will reach more than 80% of pet owners with a message of why they should vaccinate their dog in early fall. The 60 second radio commercial ends with a request to ask your veterinarian today for Lyme Vax® from Fort Dodge Animal Health".

Is it any wonder that the "belief" in vaccinations is so strong? Of the 80% of pet owners "reached" by the campaign, how many do you think would ever question the "need" to get their dog vaccinated? Of course every one of these dogs will be examined to make sure they are in "good health" before being vaccinated, won't they?

It's worth repeating the April/93 Cornell University Newsletter item concerning a study of dogs with a clear history and diagnosis of Lymes. Through testing they proved that more than half had Lyme disease because of the vaccine used, and almost a third had Lymes, despite the vaccine!! I doubt that the Fort Dodge boys would like this report to be mentioned during their big campaign but you may want to tell just a few of those 80% pet owners. Maybe one or two will listen and save some needless suffering with their dogs.

PET FOOD LABELING

There are a few things that are not commonly known about the "rules" of pet food labeling. Sure, we're all familiar with some of the preservatives, etc. to look out for, but how many of us are aware of any difference between a label that reads 'beef for dogs' or say "beef dinner" or maybe "dinner with beef"?

It is commonly accepted that ingredients are listed in descending order. This is done by weight, not by volume. Consider, if you will, 2lbs of meat byproducts and 1 lb. Of chicken feathers. Which one do you think will make up the greater volume of the pet food?

Let's take a closer look at the "rules" to see if just maybe, someone (three guesses who) might be misleading us a little bit.

The "95%" rule means that if the label reads "beef for dogs" it must contain 95% "beef" (or beef byproducts) but up to 25% can be water "sufficient for processing". If the name includes a combination of ingredients, such as "Chicken n' Fish Cat Food" the two together must equal 95% of the total weight with more chicken than fish.

The "25%" rule is where we start to get a little sneaky. If a name includes a descriptive term such as "dinner", "Nuggets", "entree", etc., (for example: "Chicken n' Fish Dinner for Cats" then the two ingredients only need to be 25% of the total, with at least 3% fish.

The "3%" rule applies to ingredients included on the label but not officially part of the product name. For example "Chicken Dinner with Tuna" only 3% must be tuna.

Then there's the neat little industry trick of "splitting". For example if we list "Ground Yellow Corn" and Corn Glutten Meal" separately (even though they are essentially the same product) they will appear later in the list and will thus appear to be less than say 'lamb' or some other more desirable product.

The principal of "descending order" can be manipulated in several ways. The most common is added water for processing. For example the use of "textured vegetable protein" (TVP), in canned pet foods. This is composed of extruded soy flour that is dyed and shaped to resemble meat products. When measuring "weight" these are added in "dry" form (before processing and adding water). As the actual "meat" is measured in "wet" form, the meat is listed first and the TVP appears to contribute very little to the food. In reality, most of the protein in the food is coming from the TVP and not from the first-listed animal source ingredients.

The Animal Protection Institute of America in its' Investigative Report on Pet Food summed it up very nicely: "If a can of 'Dinner with Beef' were as big as a three-bedroom house, the amount of beef (which includes organs, viscera, brains, and anything else we wouldn't want to eat) would fill one closet. Preservatives, vitamins, minerals, and flavorings would each take up about the volume of a drinking glass. The rest of the house would be filled with cereal."

'Till next time, take care out there!

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